

James Haskell is one of England's best back-row players and has played top level club and international rugby all over the world. Following his retirement from professional rugby in May 2019, James signed a deal to fight with mixed martial arts promotion Bellator MMA.

TOPICS:

- Motivation
- Team Building
- Life and Times
- After Dinner

LANGUAGES:

He presents in English.

PUBLICATIONS:

2018	Cooking For Fitness: Eat Smart, Train Better
	Perfect Fit: The Winning Formula
2016	Introduction to Becoming and Remaining Rugbyfit

IN DETAIL:

An England international from the age of 21, James Haskell has enjoyed an impressive career on the rugby pitch. The flanker has featured for some of the biggest rugby clubs in the world, as well as making 77 caps at international level. James has pushed himself to the top throughout 16 years in the game. Alongside his international appearances, he has twice played for the British and Irish Lions, becoming the man of the series in the 3-0 series win over Australia. He's also developed a profile off the pitch, in the media, and also as a health and fitness expert. His business interests have stretched from a coffee brand to clothing and a fitness and training company. In this latter area he has published books, developed a website and app, a diet supplement brand and fitness courses.

WHAT HE OFFERS YOU:

James shares his lessons of dealing with the pressure to perform and getting the best from the team around you. He also explores how to overcome challenges both personal and professional, and how to achieve the goals you set for yourself. As well as relating these lessons from the pitch to the workplace, he also looks at their role in health, fitness and wellbeing.

HOW HE PRESENTS:

James is an engaging and charismatic speaker who always makes any event memorable.

© 2026 Celebrity Speakers Ltd